double dribble	basketball	occurs when a player stops dribbling the ball and starts dribbling again or when a player dribbles with two hands simultaneously
man-to-man	basketball	when a player is assigned to defend and follow the movements of a single player on offense
pivot	basketball	keeping one foot in place while moving the other
travel	basketball	a player holding the ball moves one or both of his feet illegally (pivot foot or not dribbling)
eye-hand coordination	basketball all team sports	(also known as hand-eye coordination) is the coordinated control of eye movement with hand movement
base of support	combatives	area beneath you that includes every point of contact that the you make with the supporting surface
center of gravity	combatives	the point at which the entire weight of a body may be considered as concentrated so that if supported at this point the body would remain in equilibrium in any position
friction	combatives	the resistance that one surface or object encounters when moving over another
leverage	combatives	maximum advantage
reaction time	combatives/self defense	how quickly a response is made
body composition	Fitness	the percentages of fat, bone, water and muscle in human bodies. (Because muscular tissue takes up less space in our body than fat tissue, ourbody composition, as well as our weight, determines leanness.)
health-related fitness	Fitness	exercise activities that you do in order to try to improve your physical health and stay healthy
agility	Fitness Test	ability to change directions quickly
cardiovascular edurance	Fitness Test	ability of the heart, lungs and blood vessels to deliver oxygen to working muscles and tissues, as well as the ability of those muscles and tissues to use that oxygen
muscular endurance	Fitness Test	the ability to move your body or an object repeatedly without getting tired
balance	gymnastics/tumbling	the feeling of stability and control over your body
flexibility	gymnastics/tumbling fitness	ability to move a body part through a range of motion
abdominals	lab	muscles that flex torso and stabilize the back
biceps	lab	muscle that flexes the elbow and extends the shoulder - located in the front part of the upper arm.
calories	lab	units of heat that measure the engergy used by the body and the energy that foods supply to the body
deltiod	lab	muslce covering shoulder joint
endurance	lab	the power to withstand hardship or stress
energy	lab	the capacity of a physical system to do work
erector spinae	lab	muscle in lower back supporting the spine
exercise	lab	planned physical activity done regularly to build or maintain one's fitness
fitness	lab	good physical condition
FITT principle	lab	frequency, intensity, time, type - used to describe bouts of exercise
frequency	lab	the number of occurances within a given time period
gastrocnemius	lab	major muscle of calf
hamstrings	lab	muscles that extend thigh and flex the knee - located in the back of the upper leg
health	lab	the general condition of the body and mind
intensity	lab	degree of strength, force, or feeling
latissimus dorsi	lab	large, almost triangular muscles covering the back
maximum heart rate	lab	calculation of 220-age
muscles	lab	the tissues that make your body move
pectorals	lab	muscles that cover the front of the rib cage and chest
phyiscal activity	lab	any form of bodliy movement that uses up energy
power	lab	move or travel with great speed or force
pulse	lab	the rhythmic contraction and expansion of the arteries with each beat of the heart
quadriceps	lab	thigh muscle that extends the knee
range of motion	lab	full movement potential of a joint
repetition	lab	the number of times an exercise is performed
resting heart rate	lab	how many times the heart beats while the body is at rest
sets	lab	in strength training, the number of repetitions of the same movement or exercise
trapezius	lab	upper back and neck muscle
triceps	lab	muscles the allow you to extend, or straighten your arms - located in the back part of the upper arm.
heart rate	lab/cardio	rate at which the heart beats
target heart rate zone	lab/cardio	pulse that is 60-80% of max heart rate
leisure activity	rec games	free time for enjoyment
cooperation	team sports	people working together for a commmon goal
defense	team sports	action of preventing an opponent from scoring
locomotor	team sports	power of moving place to place
non-locomotor	team sports	moving on the spot without going anywhere
offense	team sports	attack or the scoring team
skill-related fitness	team sports	agility, balance, coordination, speed, power, and reaction time
sportsmanship	team sports	playing fair and showing respect for opponents
teamwork	team sports	collaborative efforts of people to accomplish common objectives